



Is It a Cold or the Flu?

Symptoms

Fever

Cold

Rare Characteristic,

Flu

High
(102–104°F); lasts 3–4 days

Headache

Rare

Prominent

General Aches, Pains

Slight

Usual; often severe

Fatigue, Weakness

Quite mild

Can last up to 2–3 weeks

Extreme Exhaustion

Never

Early and prominent

Stuffy Nose

Common

Sometimes

Sneezing

Usual

Sometimes

Sore Throat

Common

Sometimes

Chest Discomfort,
Cough

Mild to moderate;
hacking cough

Common; can become severe

Complications

Sinus congestion
or earache

Bronchitis, pneumonia;
can be life threatening

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